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Linking you to alcohol, tobacco, and other drug information and resources.

THE RIGHT STUFF CELEBRATES 3rd ANNIVERSARY The Right Stuff Assignment Book Now Available

The Nebraska Alcohol and Drug Information Clearinghouse commemorated the third anniversary of The Right Stuff by unveiling an assignment book and "Back to School With The Right Stuff" kit. The Right Stuff is a public health education campaign sponsored by the Nebraska Alcohol and Drug Information Clearinghouse to help encourage and empower 9- to 14-year-old adolescents to make the most of their lives.

The newly developed assignment book provides a place for adolescents to keep track of homework and other assignments and has alcohol, tobacco, and illicit drug information, health information, and homework tips. The book provides "great thoughts" from many notable people throughout history to inspire youth, discusses what having The Right Stuff means, and provides ideas on how youth can act on it individually and collectively. The book also celebrates cultural diversity, families, and friendships. The messages are designed to encompass the prevention models of resiliency, asset building, refusal skills, role models, decision-making, and goal setting. Adolescents should use the books to build discipline and good habits by planning and organizing school-related deadlines and homework assignments.

The "Back to School With The Right Stuff" kit contains an assignment book, folder, bookmarks, and activity sheets. The kit is being produced with a grant from the Woods Charitable Fund for fourth through seventh graders in Lincoln, Nebraska. Additional kits for other communities will be produced with funding from the Nebraska Alcohol and Drug Information Clearinghouse's contract with the state of Nebraska, a number of other grants that have been applied for, and through corporate donations.

Launched in 1998, The Right Stuff campaign provides positive messages, accurate health information, and

support for adolescents and those who care about them. The goal of The Right Stuff campaign is to increase public awareness among 9- to 14-year-old adolescents and their caregivers about the risks and consequences associated with alcohol, tobacco, and illicit drug use, to increase knowledge among adolescents and their caregivers about how adolescents can develop positive interpersonal and social skills, and to provide resources and materials for adolescents to achieve these skills.

In addition to the assignment book and "Back to School With The Right Stuff" kit, the campaign includes many other innovative products such as posters, bookmarks, paper projects, stickers, fact sheets, and web site at <http://www.prevlink.org/therightstuff>. These were developed by the Nebraska Alcohol and Drug Information Clearinghouse at the Nebraska Council to Prevent Alcohol and Drug Abuse in consultation with the Nebraska regional prevention centers, Associate RADAR Network members, the National Clearinghouse for Alcohol and Drug Information, and adolescents themselves.

To date, The Right Stuff has teamed with over 90 schools or community-based programs and organizations throughout Nebraska and more than 20 community-based programs and organizations outside the state of Nebraska to provide youth with The Right Stuff campaign materials. The assignment book and other The Right Stuff materials are available for ordering online at <http://www.prevlink.org/therightstuff/>, or can be ordered by calling the Nebraska Alcohol and Drug Information Clearinghouse at (800) 648-4444.

**We've got The Right Stuff!
Do you?**



nebraska council
TO PREVENT ALCOHOL AND DRUG ABUSE

"Back To School With The Right Stuff"

This kit is designed to get your students off to the right start this school year! The kit contains an assignment book, a folder, bookmarks, and worksheets. The pieces are designed to reinforce resiliency and provide an alcohol, tobacco, and other drug use prevention message. Here are some ideas on how to use these pieces in your classroom:

Assignment Book

Start your students off right this year by utilizing the newly developed assignment book! The assignment book provides a place for adolescents to keep track of homework and other assignments and has alcohol, tobacco, and illicit drug information, health information, and homework tips. The book provides "great thoughts" from many notable people throughout history to inspire youth, discusses what having The Right Stuff means, and provides ideas on how youth can act on it individually and collectively. The book also celebrates cultural diversity, families, and friendships. The messages are designed to encompass the prevention models of resiliency, asset building, refusal skills, role models, decision-making, and goal setting. You can help students build discipline and good habits by having them plan and organize school-related deadlines and homework assignments.

We have included a place in the front of the assignment book for students to record their name, contact information, and emergency contact information. This is designed to help teachers identify individual books and to facilitate lost books returning to their owner.

Also toward the front are calendars for 2001-2004 to help students fill out the dates in the weekly pages, facilitating the use of the assignment book throughout the school year with *any* starting date. Teachers who have students for more than one year can utilize the fifty-two week calendar to help students share what they did over the summer. The assignment book can also be utilized across grades if desired (example: December of fourth grade through December of fifth grade).

There is a place for your students to set academic and/or personal goals each week. You can help students understand how any use of alcohol, tobacco, or other drugs interferes with achieving their goals. (This section works nicely in conjunction with the ALL STARS and Life Skills programs.)

There is also a place each week for students to record their accomplishments. This area is designed to help

build resiliency in students as they record and share their accomplishments with family, other students, and educators. Celebrating one's success is key to personal motivation and self-esteem. (This section works nicely in conjunction with the ALL STARS and Life Skills programs.)

We have designed the top of each weekly calendar to explore a number of topics identified to be important to the healthy development of youth. These can also be used as springboard ideas for journaling.

• Weeks 1-7: "The Right Stuff"

Start the term off by discussing what "The Right Stuff" is all about. The first seven weeks are designed to get students on track with homework, understanding what it means to have "The Right Stuff," and what setting goals is all about.

• Weeks 8-13: Social Skills, Decision-making Skills, and Prevention Introduction

Help students focus on learning appropriate social skills, develop decision-making skills, and introduce alcohol, tobacco, and other drug prevention messages. These themes will be built on further in the following sections of the assignment book.

• Weeks 14-20: Alcohol, Tobacco, and Other Drug Prevention

Developing refusal skills is also addressed in this area. The information provided is basic and honest. It is designed to stimulate discussion with educators and/or parents. This is a great opportunity to get students to share their thoughts on how many youth really drink alcohol or smoke and to correct their misperceptions. Survey your class on how many kids in their class they think drink alcohol, smoke tobacco, and what they think about people who do these behaviors. Then ask them if they drink alcohol or smoke. Share the results with the class. Correcting the social norms in your classroom is a very powerful prevention tool!

• Weeks 21-24: Friendships

As time has passed, many students in the classroom will have developed new friendships. This is an excellent time to discuss what a true friend is like and what is important to them. We know that peers are an important influence on the decisions children make, though not as powerful an influence as parents can be.

• Weeks 25-35: Personal Development, Self-esteem, Resiliency, and Health

This is an excellent time to review the achievements students have recorded in the previous weeks! Knowing how to express themselves appropriately and managing anger are included in this section. Developing a healthy

body is covered through discussions on eating right and ways to be active and get exercise.

- **Weeks 36-51: Culture and Role Models**

Students are led into an exploration of culture through looking at different cultures, notable people and organizations, and an exploration of their family culture. We have included a section to facilitate a discussion on tolerance to round out their exploration of culture. Afterwards, students are led to share their role models and explain why they admire them.

- **Week 52: "I Have The Right Stuff"**

The final week returns to the theme of the students having "The Right Stuff." Several positive messages are included to reinforce their resiliency.

In the back of the assignment book you will find a listing of our favorite web sites and space for students to record web sites explored in the classroom, as well as their personal favorites. We have also included space for students to record contact information for their teachers, friends, and family. This almost makes it like a planner, autograph book/yearbook, and journal, all in one.

Folder

Use this folder to send homework assignments and other important papers home with your students. Get parents involved by asking them to have their children return their homework in the folder. Parents can ask their children if "They have The Right Stuff?" thus reinforcing the importance of their homework, notes from teachers and the school, and the prevention message.

Bookmarks

Reading is critical to the academic success of students! Have students use one bookmark in the book they are required to read in class and the other in the book they are reading for personal enjoyment. Reading is The Right Stuff too!

Worksheets

A fun way to get your semester started! The first sheet discusses what "The Right Stuff" is on one side and lists assets youth need on the other side. The second sheet has "The Right Stuff" crossword on one side and the word search on the other. The third sheet is about discovering your possibilities and making choices.

The Evaluation

All teachers utilizing the kit will be required to participate in the evaluation of the project. This will be used to determine the usefulness of the materials and to determine the direction the project takes in the future. The evaluation will be conducted through

three brief email surveys over the course of the school year. The funding sources for this project agree that this is a critical element of the project and is necessary to facilitate the future funding of the project.

Getting The Materials

Funding of the complete kit has been made available to certain communities/schools through various funding sources. The assignment books and other materials from "The Right Stuff" campaign are available in a limited quantity to any community/school in Nebraska. To find out which materials are available to you for free or to make arrangements to have the materials produced by your funding source, please contact the Information Clearinghouse at 800-648-4444 or 402-474-1992 (Lincoln).

Belmont Elementary Students Have The Right Stuff!

Belmont Elementary students from Lincoln, Nebraska are showing the world they have "The Right Stuff" to be drug free by participating in the production of the Spring 2001 Nebraska Broadcasters Association "Drugs Are A Dead End" public service announcements. The taping was held on May 3 at Belmont Elementary and in the adjoining Belmont Park. The 20 student volunteers memorized lines and showed their enthusiasm as they participated in 2 hours of taping. Students received a "The Right Stuff" certificate and packet of campaign materials for their participation.

The public announcements will begin airing on television stations across Nebraska starting in June. The television stations show these public service announcements at various times throughout the day as air time permits.

Congratulations to all of our stars at Belmont Elementary!

Check out our big web site update!

<http://www.prevlink.org>

Take a few minutes out of your busy schedule to fill out our online survey and we'll send you a special gift in thanks! We want to know how we can serve you the best and need your input!

Check out our newly expanded youth area in The Right Stuff Campaign. We have added several new sections that compliment our new assignment book.

In the section for parents, you will find fun activities for adults and youth to enjoy together for each season!

Prevention Has The Right Stuff

Your gift takes direct aim at substance abuse in Nebraska on behalf of every neighborhood, every school, and every family.

By promoting prevention education, your support enhances our most effective weapons against the destructive influence of drugs and alcohol.

Every child is worth protecting.

Every gift helps us turn these hopes into realities.

"Back to School with The Right Stuff"

The Nebraska Council to Prevent Alcohol and Drug Abuse developed this project in answer to the need expressed by parents and teachers:

How can I help keep my kids safe from drugs and alcohol?

We took positive messages and accurate information, then wrapped it all up into fun, yet practical items that can be used by students on a daily basis. The end result was the "Back to School with The Right Stuff" School Kits! These kits contain a folder, daily assignment book, bookmarks and activity sheets.

Your company can sponsor all or one of these pieces. The assignment book can be customized to feature your company logo and contact information on the back. What better way for your company to show its clients, customers, and employees your concern for the youth of our community?

You may sponsor at three different levels, with several options for distribution of the assignment books:

- Choose the school(s) and/or community where you want the kits or books distributed, and the Nebraska Council can deliver and survey usage through our existing partnerships; or
- Keep the kits/assignment books to give to your customers, clients, and/or staff; or
- Do both! Keep some to give away, and give the rest to the organization/school(s) of your choice

\$5,000 will sponsor:

2,000 Assignment Books (With Company Logo) OR
1,000 School Kits

\$2,500 will sponsor:

1,000 Assignment Books OR
500 School Kits

\$1,000 will sponsor:

400 Assignment Books OR
200 School Kits

